



Newton Parks and Recreation
124 Vernon Street
Newton, MA 02458
Phone: 617-7896-1500
Robert J. DeRubeis, Commissioner

Lap Swimming and Water Exercise Program

The recreation department will be providing opportunity for residents to join a program of exercise in the pool located inside the athletic facilities of Newton North High School. Lap Swimming or Water Jogging will be scheduled in the facility in two different sessions of activity length.

This program will be offered in two sessions:



- Session 1 will be offered October 14, 2013 through December 19, 2013
- Session 2 will be offered January 5 through March 6, 2014
 - Session 3 will be offered March 8, 2014 through May 8, 2014 Month of May is strictly Monday through Thursday
 - Each session is a separate registration at \$45.00 or you can sign up for all three sessions with a discount to \$120.00

Scheduled Program Hours are:

- Monday, Tuesday, Wednesday and Thursday - 9 PM-9:45 PM
- Saturday 12 Noon to 2PM and 4PM to 5:30PM Last Saturday is April 19, 2014
- Sunday 1PM to 3PM and 6PM to 7:30PM - Last Sunday is April 20, 2014

Registration is available on-line at www.activityreg.com or in person at the front desk of the program center.

Registration begins: October 1, 2013 and continues through the year or until program reaches its maximum level of participation.